

Jesus + Mental Health

Sound Mind

Theology, Myths + Hope

Peace I leave with you; my **peace** I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

Common Myths:

#1 Christians shouldn't _____ with Mental Health. (2 Corinthians 1:8-10)

Struggling doesn't mean you are not a good _____, it means you are _____.

#2 God _____ about your Mental Health.
(Psalm 34:18, Psalm 46:1, Psalm 23:4)

#3 You can't _____ about it.

Getting help is not a sign of _____.
It's a sign of _____.

Thinks _____ 1 Corinthians 2:16

Feels _____ - (new heart)

Loves _____

You will keep in **perfect peace** those whose minds are fixed on you,

because they trust in you. Isaiah 26:6

- Is my mind 'fixed' on Jesus?
- What habits help me "fix my mind" on Jesus?
- What patterns or practices distract my mind from Jesus?
- Wisdom for Mental Health - YouVersion App

BONUS SECTION

Mental Health

Emotional Health - What I feel

Psychological Health - What I think

Social Health - How I relate

Vocational Health - What is my purpose

Physical Health - Biological makeup

Spiritual Health - worship/identity/meaning



SCAN FOR
THIS WEEK'S
LIFEGROUP
QUESTIONS

WELCOME TO SIERRA BIBLE CHURCH

Have we met yet? welcome!

We're glad you're here and invite you to the high-top table in the Commons after service. We'd love to meet you and give you a welcome gift.

Giving: Thank you for your generous contributions and tithes. God is faithful! Our giving boxes are in the walls as you exit, or you can give through the Sierra Bible Church, Sonora app or **sierrabible.com**.

LOCAL MISSIONS GIVING OPPORTUNITIES

Please drop off in the church office M-Th 8:30AM-4:30PM

SBC Food Pantry Christmas Gifting

Some needs include:

- flashlights
- lotions
- small tools
- gloves/mittens
- blankets
- candles

Foothill Pregnancy Mom Gift Baskets

Some needs include:

- lotion
- tinted lip gloss
- gift cards
- craft items
- gloves
- small candle
- small notebook
- journal
- fun socks etc.

Cookie Delivery



DELIVERY: November 22nd

Sign up a friend
or neighbor today!
Deadline November 17th



Women's CHRISTMAS DINNER

DEC. 4TH | 6:00PM
\$15 PER PERSON

BUY YOUR
TICKET
BEFORE
NOV. 28TH!



YOU'RE INVITED TO

SURVIVING THE HOLIDAYS

DINNER | FELLOWSHIP | DISCUSSION

NOVEMBER 12TH | 5-8PM

GriefShare | DivorceCare
\$10/ person

rsvp to: Emily Turner
emilyt@sierrabible.com

KIDS:

To contact Kids Ministry, email rachel@sierrabible.com

Sunday Services:

9:00 AM & 10:45 AM all Kids Ministry Available.

- Nursery (0-23 months) located on right side of Worship Center. This is a fully-staffed Nursery
- 2 years - 6th grade | Kids Ministry Building

HELP NEEDED:

We **MUST** have more help to continue to serve so many kids each week!

- Sunday Mornings - All areas

Kids Christmas Practice: Sunday | 3-4PM | Kids Building

Awana & Breakout: Sunday | 4-5:30PM

5.6 CREW: Monday | 6:30-8PM

YOUTH:

To contact Youth Ministry, email youthmin@sierrabible.com

Sunday:

Youth | 10:45AM | Youth Building

HSM | 6-8PM | Youth Building

Monday:

JHM | 6:30-8PM | Youth Building



**SCAN FOR
YOUTH EVENTS**